

Daily Goals

Movement: _____ Meal Plan: _____ Water: _____ Sleep: _____

	Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Movement	1								
Meal Plan									
Water									
Sleep									
Movement	2								
Meal Plan									
Water									
Sleep									
Movement	3								
Meal Plan									
Water									
Sleep									
Movement	4								
Meal Plan									
Water									
Sleep									
Movement	5								
Meal Plan									
Water									
Sleep									
Movement	6								
Meal Plan									
Water									
Sleep									
Six-Week Total									